

Benefits of Quitting Changes Start Right Away...



- 20 minutes** – Your heart rate returns to normal.
- 12 hours** – Your blood is free of carbon monoxide.
- 2 weeks** – Your lung function starts improving.
- 3 months** – Your risk of a heart attack drops.
- 1 year** – Your risk of heart disease is cut in half.
- 5 years** – Your risk of a stroke is no higher than a person who never smoked.



DID YOU KNOW?

Every year 1.3 million Americans successfully quit smoking. You can, too. We can help.

SERVICES WE PROVIDE

- Comprehensive, personalized assessment and treatment planning
- Individual or group counseling to help you explore your current tobacco use and move toward quitting
- Support for family members to help reduce the impact of second and third-hand smoke
- Collaboration with your Primary Care Physician (PCP) to determine which Nicotine Replacement Therapy best suits your needs
- Assistance obtaining pre-authorization from your insurance provider
- Referrals to **1-800-QUIT-NOW** for continued support in maintaining a tobacco-free lifestyle



With programming support from:



What if you could quit comfortably?



- There are many ways for you to quit.
- Finding the way that works for **YOU** keeps you comfortable as you quit.
- Support in combination with nicotine replacement products **DOUBLE** your chance of quitting



You can quit. We can help.

Learn more at (401) 442-1857
Or visit us at TCSRI.org

TOBACCO CESSATION TREATMENT

Programs at all 7 CODAC sites and other locations across Rhode Island

Our tobacco treatment program combines individual and group counseling with the use of Nicotine Replacement Therapy (NRT). For those with insurance (including Medicaid), we can help navigate coverage and, through a contract with the RI Department of Health, we provide no-cost services to individuals who are under or un-insured.

TOBACCO CESSATION TRAINING

Evidence-based treatment resources

TCSRI offers training that leads to National Certification in Tobacco Treatment Practice. Our team of certified Tobacco Treatment Specialists includes Master-level clinicians and the only UMass certified trainers-of-trainers working in RI. Trainings are offered twice annually and are open to any professional who has satisfied the prerequisites established by UMass Medical School and the National Certification Board.

Learn more here: TCSRI.org/Training.

TOBACCO POLICY CONSULTING

Tobacco free agency policy and practice

CODAC is the first behavioral health provider in Rhode Island (and among the first nationally) to become a federally recognized tobacco free agency. TCSRI, a CODAC Behavioral Healthcare resource, has worked with public health authorities, universities, public housing, hospitals and other agencies, guiding them through the process of creating tobacco free policy and establishing a tobacco free culture in the workplace.

What does “quitting comfortably” mean?

There is no one right way to quit tobacco. When you find one that works for you, without being told what to do or forced to quit a certain way, you are on the path to success.

Our program helps you identify what will work for you on your own timeline and decide if nicotine replacement therapies are a good choice. Then, we support the decisions you make and the actions you take.

Why is that important?

How you quit matters. When you follow your own plan you are more likely to quit and, more importantly, stay quit for good.



Nicotine Replacement Therapy Facts

- The likelihood of quitting successfully is doubled if NRTs are used along with personalized counseling.
- NRTs are proven effective when tailored to factors such as the number of cigarettes you smoke per day and your level of nicotine dependence.
- All NRTs and cessation medications are covered by insurance, including Medicaid, without a co-pay.

YOU CAN QUIT. WE CAN HELP.
Learn more at TCSRI.org

TCSRI

CODAC Behavioral Healthcare began offering tobacco cessation services for staff and patients in 2012. Over time, as the program's capacity grew, we established Tobacco Cessation Services of RI to bring these resources into the community.

Bringing Cessation Services to RI

TCSRI is among the only providers in RI to offer tobacco cessation treatment, delivered by certified Tobacco Treatment Specialists (TTSs). Services are available at all CODAC facilities and in a variety of settings across the state.

Our certified TTSs are available to work with other agencies and institutions, accepting both provider referrals and walk-in clients.

Services Are Available to Everyone

In 2015, the TCSRI became the RI Department of Health's sole source provider of tobacco cessation services for under and un-insured individuals in RI, as well as the designated trainer in support of the DOH's mission to increase treatment capacity in the state by helping more professionals achieve TTS certification.

